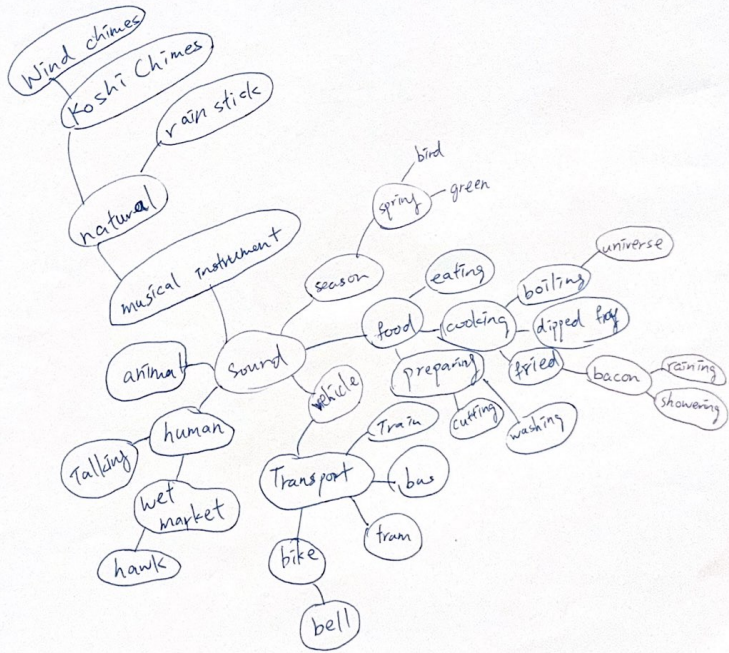
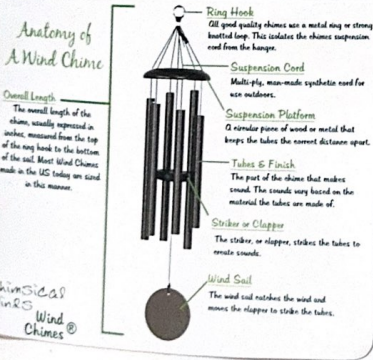
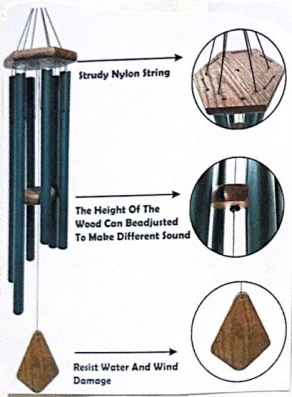
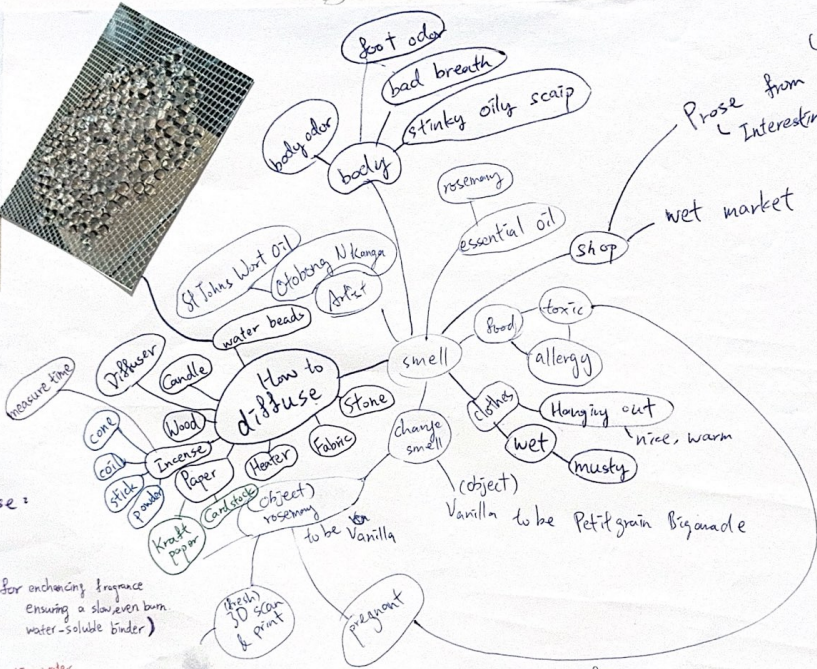
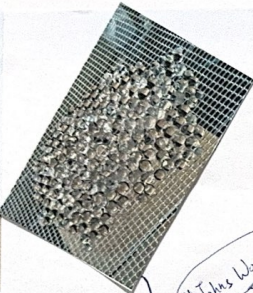
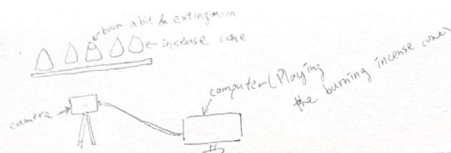


Artist  
Joseph Marr

Mind map for sound



# Mind map for smell



Prose from (Hong Kong author) Xi Xi (Ellen Cheung Yin) Interesting shop (14th November 1975)

cannot find in UK  
Santalum wood, Agarwood

## Instruction of making incense:

1. Wood/herb ground 4g
  2. Makko ground 1g (for anchoring fragrance ensuring a slow even burn water-soluble binder)
  3. Water 7g
- Mix together & waiting  $\frac{2}{3}$  hrs.  $\frac{1}{2}$  hrs. finally up to 10g water

For increasing the adhesion, Using gum arabic

Ingredient for Mixing essential oil for diffuser or heater [Safe to touch] Maximum ratio

- 1st diffuse base (10ml)
- 2nd + essential oil (10 drops)
- Jojoba oil / Grapeseed oil

# Essential Oil

## Sweet

- S1 Vanilla Botanical Extract (like cream) from internet
- S2 Copaiba Oleoresin (like ice-cream) from internet
- S3 Peru Balsam (Salt) from internet
- S4 Himalayan Cedarwood (like Candy) from internet
- S5 Honey & Vanilla
- S6 Helichrysum (like Honey) from internet  
extremely expensive !!

S3+S4 = Salted Caramel from internet

Those items are not good for pregnant woman

## Herb / Tree

- Cinnamomum 梅樹
- Myrrh (like from internet)
- Thyme 百里香
- Mugwort 艾草
- Birch 白樺
- Sweet Sage 快樂鼠尾草
- Mint / Peppermint
- Clove 丁香
- Eucalyptus 尤加利
- Tea tree
- Cinnamon like salted fish (own feeling)
- Valerian 纒草 / smelly feet
- Spikenard oil 纒草 Like rancid (own feeling)
- Eucalyptus Blue Mallee Like Medicated oil (own feeling)  
藍馬利 (chinese style)

terribly malodorous smell !!

## Flower

- Lavender
- Rosemary
- ~~Ylang-Ylang~~
- ~~Rose~~
- Jasmine 茉莉

## ESSENTIAL OIL SAFETY GUIDELINES

ESSENTIAL OILS are concentrated plant extracts. Safety should be a top priority for every aromatherapist. When using essential oils, always remember:

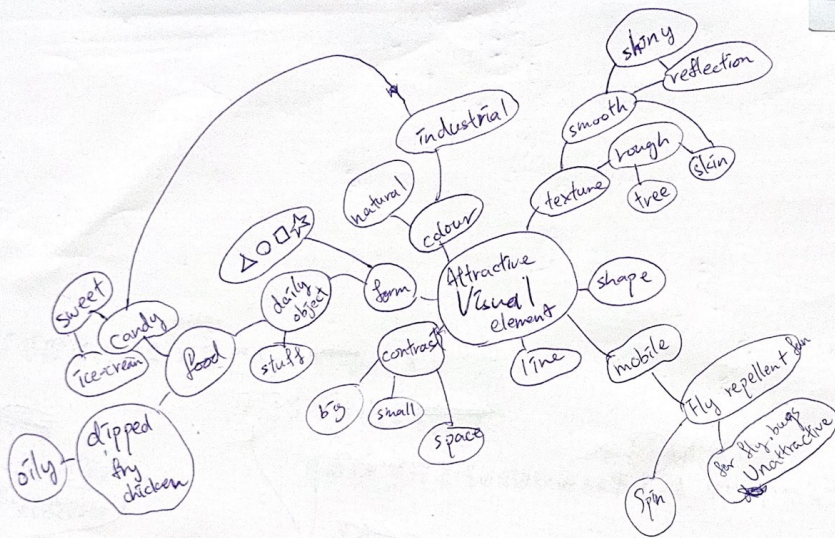
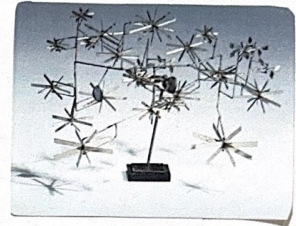
- Therapeutic range
- Dilution guidelines
- Drug interactions
- Recommended daily dosage (RDD)
- Specific contraindications
- To avoid the eyes and mucous membranes

DO NOT ingest essential oils unless you are specifically instructed to do so by a qualified aromatherapist. Essential oils are not intended for use as a substitute for medical treatment.

Dilution Ratios	RECOMMENDED DILUTIONS
CARRIER VOLUME	Be sure to check specific contraindications for each oil you intend to use.
1/2 OUNCE (15 ml)	5% Children, elderly, and expectant mothers
1 OUNCE (30 ml)	2% Travel - where touch, aroma and oils
2 OUNCES (60 ml)	4% For concentrated massage of back, arms
4 OUNCES (120 ml)	1-3% (own feeling)

\*Do not use undiluted essential oils on the face or neck. Do not use on the face or neck of children. Do not use on the face or neck of pregnant women. Do not use on the face or neck of people with sensitive skin. Do not use on the face or neck of people with allergies. Do not use on the face or neck of people with asthma. Do not use on the face or neck of people with epilepsy. Do not use on the face or neck of people with high blood pressure. Do not use on the face or neck of people with diabetes. Do not use on the face or neck of people with heart disease. Do not use on the face or neck of people with kidney disease. Do not use on the face or neck of people with liver disease. Do not use on the face or neck of people with stomach disease. Do not use on the face or neck of people with thyroid disease. Do not use on the face or neck of people with ulcers. Do not use on the face or neck of people with varicose veins. Do not use on the face or neck of people with warts. Do not use on the face or neck of people with yeast infections. Do not use on the face or neck of people with fungal infections. Do not use on the face or neck of people with bacterial infections. Do not use on the face or neck of people with viral infections. Do not use on the face or neck of people with parasitic infections. Do not use on the face or neck of people with autoimmune diseases. Do not use on the face or neck of people with chronic diseases. Do not use on the face or neck of people with acute diseases. Do not use on the face or neck of people with any disease.

Mind map for attractive visual element†



✳ When something is spinning,  
 the attraction will - increase for human/animals  
 - reduce for bugs